



Stress is a feeling of \_\_\_\_\_ or \_\_\_\_\_ tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.

## THERE ARE TWO TYPES OF STRESS

\_\_\_\_\_ occurs when someone has a particularly strong reaction to a stressing event such as a real or threatened death, serious injury, sexual violation or a natural disaster.

\_\_\_\_\_ stress happens from three days to a month after the event and goes beyond the normal upset you'd expect.

### TALK TO THEM

Give them resources such as:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

### ENGAGE THEM

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### TAKE CARE OF YOURSELF

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



## MY SELF-CARE KIT

### My People:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Things:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### My Hotline Number:

( ) \_\_\_\_\_ - \_\_\_\_\_

## MY PERFECT DAY

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_